

# Broccoli and Corn Bake (FDD)

**Makes:** 6 Servings

This recipe will help you make half your plate fruits and vegetables. Serve this vegetable-rich dish warm at any meal.

## Ingredients

nonstick cooking spray

**1 can** low-sodium cream style corn

**1 package** frozen broccoli (cooked, 10 ounces)

**1** egg (beaten)

**1/2 cup** crackers (like saltines), crushed (Topping)

**2 tablespoons** margarine (Topping)

## Directions

1. Preheat oven to 350 degrees F.
2. Spray 1 ½ quart casserole dish with nonstick cooking spray.
3. Mix corn, broccoli, egg, cracker crumbs, and margarine together and place in casserole dish.
4. Mix topping ingredients together in small bowl. Sprinkle over corn mixture.
5. Bake for 40 minutes. Serve warm.

**Source:** Recipe adapted from SNAP-ED Connection Recipe Finder

### Nutrition Information

| Nutrients                   | Amount        |
|-----------------------------|---------------|
| <b>Calories</b>             | <b>148</b>    |
| <b>Total Fat</b>            | <b>7 g</b>    |
| Saturated Fat               | 2 g           |
| Cholesterol                 | 35 mg         |
| <b>Sodium</b>               | <b>192 mg</b> |
| <b>Total Carbohydrate</b>   | <b>19 g</b>   |
| Dietary Fiber               | 3 g           |
| Total Sugars                | 3 g           |
| Added Sugars included       | N/A           |
| <b>Protein</b>              | <b>4 g</b>    |
| Vitamin D                   | N/A           |
| Calcium                     | 30 mg         |
| Iron                        | 1 mg          |
| Potassium                   | N/A           |
| N/A - data is not available |               |

